


A decorative border consisting of thick, wavy lines in the colors of a rainbow (red, orange, yellow, green, blue, purple) framing the central text.A small, solid orange heart located at the top center of the slide.

# LGBTQIA+ for the Clueless

Ashley Shaffer, LMHCA  
she/her

A heart shape outlined with a thick rainbow border, located in the bottom left corner.A heart shape outlined with a thick rainbow border, located in the bottom right corner.

# The Importance of Learning

Being LGBTQIA+ is illegal in some countries

Being gay and having gender dysphoria were once considered mental illnesses in the Diagnostics and Statistical Manual of Mental Disorders

There has been a recent increase in LGBTQIA+ related laws in the US

Healthcare and mental health care is important, especially for this population

This population often experiences discrimination and violence

Stigma is still a big problem for the LGBTQIA+ community

Having support makes a huge difference for the mental health of LGBTQIA+ folk





# Before We Begin

**Sex**

≠

**Gender Identity**

≠

**Sexuality**

Biological

Social and Expressive

Physical Attraction

Intersex Female  
Male XXX XYY +

Man Woman Transgender Man Transgender Woman  
Genderqueer Non-Binary Agender Polygender

Gay Lesbian Asexual  
Bisexual Pansexual Demisexual

# What is LGBTQIA+?

L- Lesbian

G- Gay

B- Bisexual (Pansexual)

T- Transgender

Q- Queer or Questioning

I- Intersex

A- Asexual/Aromantic/Agender

+ - Encompassing identities and orientations that do not fit into the acronym (GE and P)

AKA LGBTQI+, LGBT, LGBTGEQIAP+, etc.



# Terms and Lingo

**Aromantic**-A person with little to no romantic interest or attraction

**Asexual**-A person with little to no sexual interest or attraction

**AFAB/AMAB**-Assigned female/male at birth

**Binding**-Compression of the chest to reduce appearance of breasts by mean of a binder or other material

**Cisgender**-A person whose gender aligns with their assigned sex

**Coming out**-The act of one telling another of their gender or sexual identity

**Deadname**-A person's name which was formerly used, but has been replaced by a more affirming chosen name, do not use a deadname

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# Terms and Lingo

**Demisexual**-A person whose attraction is dependent on emotional connection, not gender preference

**Drag (Queen/King)**-Performer who dresses in a theatrical display of gender expression, usually a gender that the performer does not identify as

**Dysphoria**-A feeling of intense discomfort related to how one looks or presents

**Femme/Masc**-Feminine/Masculine

**FTM/MTF**-Female to male/male to female, transgender identity

**Gender Affirming**-Anything that makes someone feel more in-line with their gender

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# Terms and Lingo

**Gender Euphoria**-Feeling of great joy from how one is presenting or appearing in relation to their gender

**Gender Expression**-How one chooses to externally express their gender (dress, behaviors, body parts, i.e. androgynous or masc)

**Genderfluid**-A person whose gender identity shifts continuously

**Heteronormative**-Any behaviors/attitudes that assume heterosexuality in everyone, or as “normal”

**Misgender**-The act of incorrectly assuming someone’s pronouns or gender

**Neopronouns**-Neutral pronouns outside of they/them (i.e. ze/zir)

**Nonbinary**-Gender identity that is neither male nor female

**Orientation**-Sexual identity (i.e. Lesbian, Bisexual)

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# Terms and Lingo

**Passing**-Feeling that a trans/gender non-conforming person can be easily identified as their gender identity

**Polyamory**-Consensual non-monogamous identity

**Polycule**-Consensual polyamorous network of sexually/romantically involved partners

**Presentation**-How others perceive one's gender

**Pronouns**-The terms used to refer to another person (i.e. she/her, she/they)

**Intersectionality**-The intersect between multiple social minorities (i.e. disabled bisexuals, native nonbinary people)

**Intersex**-Sex denoting a person whose biological characteristics cannot be categorized as only male or female

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# Terms and Lingo

**Sapphic**-A femme identifying person who is attracted to other femme identifying people, includes bisexuals, etc

**Spectrum**-A range with many different possibilities

**Trans**-Short for Transgender, sometimes called transfemme or transmas

**Transphobia**-Like homophobia, hatred/fear of trans people

**Trans woman/Trans man**-Woman/man assigned male/female at birth

**Transition**-Whatever series of changes one makes to affirm their gender identity

**Two-Spirit**-A sacred Native American identity; An umbrella term for LGBTQIA+ natives specific to each tribe

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# Umbrella Terms



## Transgender

AFAB AMAB

Genderqueer Identities

Intersex

## Gender Non-conforming/Gender-Expansive

Agender

Genderqueer

Nonbinary

Asexual

Transgender

Intersex

Genderqueer

Two-spirit

Gender Fluid

Bi-gender

Polygender

## Intersex

Any person with biological  
characteristics that do not  
categorize as male nor female

## LGBTQIA+


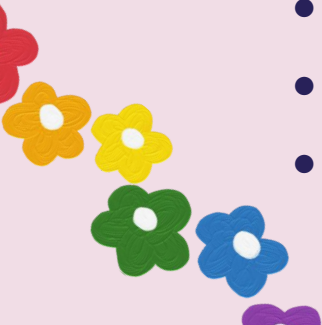
Encompassing of gender  
and sexual identities outside  
of the social norm

## Queer

Gay Lesbian  
Pansexual Bisexual  
Demisexual LGBTQIA+



# Proper Use of Terms

- Trans people: “A transgender person” or “A trans woman”
  - Someone is transitioning: “She is going through a transition process” or “He is having gender-affirming surgery”
  - Use of they: “They are intersex” and “There is only one of them”
  - Asking questions: “What are your pronouns?” or “How do you identify?”
  - Looks: “She presents as a woman” or “He is masc presenting”
  - Documenting: “Transgender, FTM, he/they pronouns”
  - Neutral honorifics/names: Sibling, Child, Nibling, Pibling, Parent, Partner, Mx. \_\_\_\_\_, Folks, etc.
- 
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# Myths and Stereotypes



- Bisexual/pansexual or polyamorous people are promiscuous
- If a man marries a woman, he is straight
- It's a phase or they are confused
- Pronouns cannot be plural
- There are only 2 genders
- People need to look like the gender they identify as
- Lesbians are manly and gays are girly
- There is a "man" and "woman" in every relationship



# How to be Supportive

Tell people your pronouns (normalize it!)

Try your best, effort shows

Let people come out in their own words, in their own time

Don't "out" someone else without permission

Don't make assumptions

**DO NOT ASK ABOUT PRIVATE BODY PARTS**

(if you wouldn't ask a cisgender, straight person, don't ask)





# Why this Matters

- LGBTQIA+ people face severe social, economic, and political discrimination globally, leading to high levels of mental health issues.
- 45% of LGBTQ youth seriously considered attempting suicide (2021)\*
- 36% of LGBTQ youth reported having been physically threatened or harmed because of their sexual orientation or gender identity (2021)\*
- There has been a recent wave of legislation against LGBTQIA+ rights in the US, allowing for discrimination in healthcare, schools, public, etc.
- Conversion Camps still exist in the US today, and expose children to traumatizing experiences in order to “reform” them

\*2022 Survey by The Trevor Project



# The State of the States

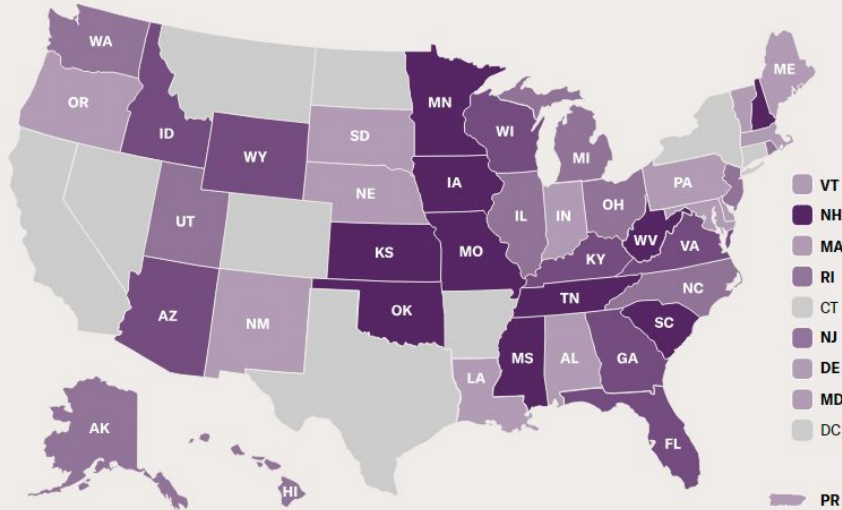
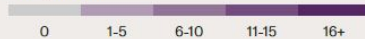
2024 LEGISLATIVE SESSION

## The ACLU is tracking 523 anti-LGBTQ bills in the U.S.

Choose a state on the map to show the different bills targeting LGBTQ rights and take action. While not all of these bills will become law, they all cause harm for LGBTQ people.

Last updated on June 21, 2024 ⓘ

Bills per state



<https://www.aclu.org/legislative-attacks-on-lgbtq-rights-2024?state=&impact=>

NC has 6 anti-LGBTQIA+ bills introduced this year: Healthcare restrictions/refusals, forced outing in schools and school sports bans



# Pride Flags



Pride



Progress Flag



Straight Ally



Gay



Lesbian



Bisexual



Pansexual



Asexual



Aromantic



Trans



Non-Binary



Intersex

# For More Info

[LGBTQIA Resource Center Glossary](#)

[Resources for Families of LGBTQ+ People - PFLAG NYC](#)

[Are You an Askable Parent? - Advocates for Youth](#)

[It Gets Better](#)

[Society for Sexual, Affectional, Intersex, and Gender Expansive Identities](#)

[\\*The Trevor Project: 2022 National Survey on LGBTQ Youth Mental Health](#)

**Suicide Crisis Hotline** (has extra support for young LGBTQIA+) **CALL 988**



# Thank You

Special Thanks: Sophie Wells, Art Therapy Intern  
The Center for Creativity and Healing